

news Letter...



Anita's Story

Mother-of-two Anita Almond was just 47 when diagnosed with ovarian cancer.

The former hairdresser and Blackburn College tutor had symptoms for 12 months but had just put things down to 'getting older'.

"My sister went through the change at 45 so I just put it down to early menopause and middle age spread" she said.

"I had pains in my left-hand side, I felt bloated, I kept needing to go to the toilet and noticed bodily changes. It wasn't until I was able to feel the tumours in my tummy that I went to the doctors. By that time, I had two fist-sized tumours and was diagnosed with stage 3c cancer."

Within weeks Anita underwent surgery but the cancer had already spread throughout her abdomen. Surgeons have operated twice and Anita has undergone seven rounds of chemotherapy.

As a result of a drug she was prescribed, Anita was left with all-over body pain and mobility issues – especially in her hips, shoulders, back and legs.

For 18 months, Anita attended hospital physiotherapy and hydrotherapy sessions, complemented by leg massages at East Lancashire Hospice to ease her pain and improve mobility.

Anita, 53, said: "I needed both medical and physical help. The hydrotherapy coupled with the massage and physio really helped. It got me through."

"I couldn't have managed without the hospice's help. I wasn't really aware of complementary therapy and its benefits until then, but the leg massage was brilliant."

Since then, Anita has continued to access the complementary therapy sessions and says she finds the reflexology very relaxing and comforting.

This story is part
of our community
campaign - to find out
more go to page 3.

"It's more than just relaxation, it takes me away from a dark place. It's more like a treat than treatment. My life is just hospitals – but it doesn't feel like an appointment. It's a bit of 'me' time. It's somewhere to go and relax, but also someone to chat to. It's like counselling at the same time. There's more to the hospice than people think."

Last year, Anita was told she had a bowel narrowing due to cancer spread and needed further surgery, and recently found out the cancer had spread to her skull.

"I was told it wasn't going to get any better. I'm not curable but it's six years since my original surgery. You have to look on the bright side. It's a case of managing it and battling through. You just get used to it."

Anita accessed the hospice's community services – including visits from a clinical nurse specialist (CNS).

"My CNS has been there for support and reduces my anxiety by making things as easy as possible for me."

"If I need anything talking through with the doctors, she steps in as the translator between the different services. She rings and gets prescriptions and screenings arranged and intervenes where she needs to."

"My CNS has also helped me with my end-of-life plan and has been there to guide me and talk me through different options."

"Should I need the hospice, which I probably will when the end comes, the staff there know me. I have been a visitor for four years. It's comforting to know that I won't be in a strange place."

Trek the Great Wall of China

35 YEARS OF THE HOSPICE
FOR 35
35KM

Come along to our information event in October to find out more.
Full details are on our website www.eastlancshospice.org.uk

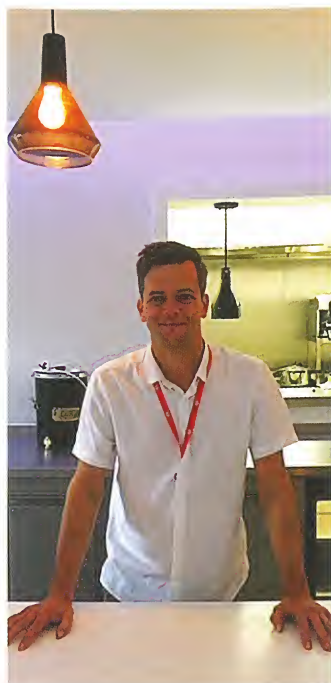


East Lancashire
Hospice

... a special way of caring

CQC RATED ★★★
OUTSTANDING

A Day In The Life



We meet our new Head of Catering Lee Hyatt to find out more about him and what he hopes to bring to his role at the hospice...

Name: Lee Hyatt **Job title:** Head of Catering at East Lancashire Hospice

What do you hope to bring to your role here at the hospice?

I hope to bring creativity to the job role and fresh ideas, which will ultimately improve the provision of food at the hospice for patients, their families, the general public, the staff and volunteers.

How important is food in terms of the therapeutic benefits and the creation of memories for patients and their families?

Food is a massive part of any culture and memories of food bring families together. I think that is something we can offer to families of our guests here at the hospice by creating bespoke menus, catering for family get togethers or even providing a fun training session can create new memories for all.

Food is fashionable and everyone has their favourite dish or past food experience that they look back upon so re-creating that dish for whomever is a privilege and very rewarding.

How did you get the experience to do the role?

I have been very fortunate to work for some brilliant chefs in my career. I spent lots of time working in fine dining during my early career and travelling lots, which also developed my skills. I also enjoyed a brilliant career in teaching which was so rewarding and helped me to achieve my personal goals.

I hope to combine my experience and that of the team to develop all aspects of food service at the hospice and give people a great dining experience.

How do you wind down after a hard day at work?

I have two young daughters who keep me entertained and busy most of the time! Other than that, I enjoy dining out and socialising.

What's the best thing about working at the hospice?

Hearing the word hospice makes you think of doom and gloom and that perception couldn't be further from the truth. The staff here are brilliant and make everyone feel so welcome - it's such a good atmosphere. The staff really do make East Lancashire Hospice what it is.

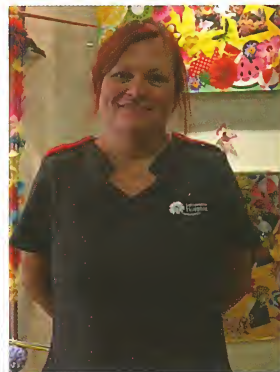
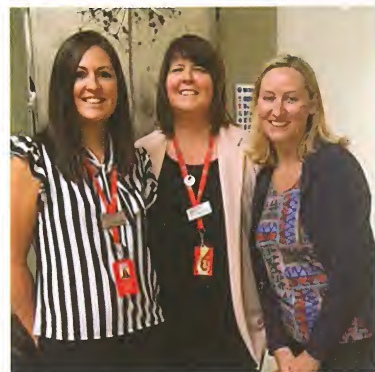
Congratulations

Congratulations are in order for Megan Hill, Melanie Riorden and Sophie Dempsey from the Community Team and Debbie Parker from Creative and Support Therapies (CaST) who have all completed modules recently.

Megan and Melanie have recently completed their Clinical Examination Skills module level 6 and have both had outstanding results. Sophie has completed her Clinical Assessment and Diagnostic skills module level 7 (which goes towards her Masters) and also received an outstanding result.

Debbie recently completed a mentorship course with the University of Cumbria which will mean that she is now eligible to have her name added to the Royal College of Occupational Therapists (RCOT) APPLE database. This means she will now be able to offer placements to Occupational Therapy Students, and she looks forward to welcoming students into CaST.

Congratulations are also in order for Staff Nurse Karen Cross and Senior Staff Nurse Samantha Riches who have both worked hard to complete their Mentorship training working with UCLan.



This means that the team are better equipped to be able to mentor students and they are now looking at working with other universities.

All of the courses have involved intensive work and commitment and the results and feedback have been excellent.

Well done to all!

#MakingTheMostOfLife



East Lancashire
Hospice

news Letter...

Community Awareness Campaign



July saw the launch of our campaign across Blackburn, Darwen, Hyndburn and the Ribble Valley! Featuring seven of our patients, we aimed to raise awareness of our Community Services by telling the stories of real people and the difference the services have made to them. Read Anita's story on the front page of the newsletter.

The ads featuring our patients were displayed online, bus stops throughout the area, leaflets, posters, social media, our website and also on 2BR. We had a great response to the campaign, with over 5,000 people visiting the community pages of our website and some wonderful feedback from our supporters. Thank you to all involved, especially the patients and their families - we couldn't do it without you.

STEP by STEP

We are working in partnership with the Clinical Commissioning Group and Pendleside Hospice to provide a consistent approach to the education of care homes and domiciliary providers. This involves supporting them to implement learning in practice and we have demonstrated an increase in the quality of end of life care in the organisations participating.

Blackburn Rovers Charity Partnership

East Lancashire Hospice is thrilled to announce a charity partnership with Blackburn Rovers.

As a charity partner, we will benefit from fundraising and awareness events, including a dedicated matchday at Ewood Park, as well as signed merchandise and player appearances. Chief Executive Lyn Stevenson said: "We also hope that the partnership will help us to raise awareness of our services in the local area, so that our community knows that we are there for them should they need us. We are really looking forward to working together with the club over the coming year."



Doggy Cool!



We have exciting news! Your dog can now show they proudly support East Lancashire Hospice by wearing our new dog bandanas! Purchase one for your pooch today for just £6 via our website!

www.eastlancshospice.org.uk

SPOTLIGHT ON SUPPORT



East Lancashire
Hospice

news Letter...

A spot of tea!

Sharon and Catherine from the fundraising team went along to the Ahmadiyya Muslim Women's Association afternoon tea event earlier this year.

Pictured with Sharon is Roya Khan, aged 9, from Chorley. She contributed to the homemade food with this beautiful cake. Thank you to everyone involved!



May the force be with us!

The force was most certainly with us when the annual Star Wars Fan Fun Day and Dinner raised a whopping £3,814 for the hospice.

Organiser Neil Livesey said: 'We are happy to continue to support East Lancashire Hospice, we know the difference it can make to the patients.' Thank you so much Neil for your continued support, you certainly are making a difference!



The Queen of our hearts

Alannah Slater, Rose Queen for St Mary's Church, Mellor, has raised an incredible £6976.05 by attending various events and also received support from her family.

Alannah recently had the honour of starting our Starlight Memories Walk for us too. Thank you so much for your support!



Our thanks go to...

Thank you to the Mayoress of the Ribble Valley, Mrs Marilyn Davies, for choosing the hospice as her charity during her Mayoral year that came to an end in May.

The Mayoress is pictured with the Ribble Valley Mayor and hospice Chair of the Trustees, Mr Graham Parr.



OSWALDTWISTLE MILLS

shopping village & garden centre

Breaking News!

We are pleased to announce that the hospice has just been chosen as the Charity of the Year for Oswaldtwistle Mills. We can't wait to work together and see what exciting ideas they have planned! Keep your eyes peeled for more information in the near future!

Mrs Brown's Boys

A huge thank you to Taylor Connelly, who took on Ben Nevis to raise money for East Lancashire Hospice. Not only did he take on the challenge, he did it dressed as Mrs Brown and raised a fantastic £600!

Taylor, who did this in memory of his mum, said: "I definitely underestimated the challenge but I made sure I completed it for East Lancs Hospice. I am overwhelmed by the amount raised and want to thank everyone for supporting." Well done Taylor, you look great!!



Laura's £10,000 in memory of her mum



Hospice supporter Laura Dixon has now raised over £10,000 for the hospice in memory of her mum Liz.

Laura said: "It has been incredibly emotional. The fundraising has helped me because it has given me a focus." Thank you Laura, you are a superstar!

Staff rally together in memory of Steve

Our heartfelt thanks go to the team at H&T Presspart for the incredible £10,048.22 they raised in memory of their colleague Stephen Parkinson by taking part in a number of events.

They included a 62-mile bike ride – a mile for every year of his life, 28 laps of Whitebirk industrial estate where the company is based, to represent the number of years he worked at the company, and a 6.2-mile walk.



Hospice comes up trumps again!

Following a vote by Marks and Spencer staff at their Blackburn store, they unanimously voted East Lancashire Hospice to be their charity of the year again!

M&S

EST. 1884

Bag packing at the store last year raised a superb £17,375.90. We are so grateful for your support once again.



Picture perfect hospice gift marks John's 50th anniversary

Popular artist John Chapman has helped raise more than £6,000 for East Lancashire Hospice thanks to a special exhibition.

To mark his half century as a professional artist, Blackburn-born John put together a celebratory exhibition showcasing the last 50 years which was hosted at the hospice and proceeds from all paintings sold came to the hospice. Thank you John for your on-going support.



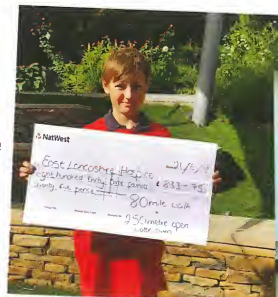
Dylan goes the extra mile

Dylan Whiteley has been taking on his very own physical challenge to help raise money for East Lancashire Hospice, who looked after his Grandpa.

Every year Dylan raises money for the hospice and this year he set himself a challenge. Over the May bank holiday he walked the full Ribble Way from Longton, Preston to The Yorkshire Dales - a total of 78.5 miles over 4 days. Then just two weeks after that he completed the 250 meter open water swim in Lake Windermere with his mum Nicki.

From the two events he has raised a fantastic £833! Huge congratulations to you Dylan, you're an inspiration!

If you would like to support Dylan and help him raise money for patient care, please visit his just giving page - <https://www.JustGiving.com/fundraising/dylanschallenge>



Queen's praise for Blackburn hairdresser!

A Blackburn hairdresser who has raised thousands of pounds for charity is even more determined to help worthy causes after attending the Queen's Garden Party.

Arlene Twist, 65, who runs Arlene's hairdressers in Redlam, Blackburn, was invited to Buckingham Palace by The Lord Lieutenant, Lord Shuttleworth, in recognition of 'her personal contribution to the good of the community in Lancashire'.

Arlene, who lives in Feniscowles, Blackburn, was nominated by her friend Myra and said she was shell-shocked when she received the invitation.

In May, Arlene, along with her husband Michael attended and saw the Queen, Prince Andrew, Prince Edward and Princess Sophie during their visit to Buckingham Palace.

She said: "I had no idea about the nomination until the letter came through. I have helped to raise thousands of pounds over the last 40 years from loose change that has mounted up. I do it because it's no trouble and it all goes to a good cause. There's a lot of other people doing exactly the same as I do and not getting the honour that I got."

Arlene, who has run her shop for nearly 30 years first started collecting with a simple collection box on the counter and Arlene later started to sell charity Christmas cards and collecting lottery money on behalf of the customers for the hospice.

We couldn't do it without you - thanks Arlene!



Above Left: Suleman receives his accolade at the Fusion Awards.
Above Right: Caitlin collects a British Citizen Award.

#MakingTheMostOfLife

We need YOU!

At the time of writing, we currently have 12 volunteer vacancies listed on our website - covering a wide range of roles from fundraising, driving our van, garden maintenance, housekeeping or volunteering on our inpatient unit. Could you help us? Roles are added all the time, so please keep checking back on our website: www.eastlancshospice.org.uk

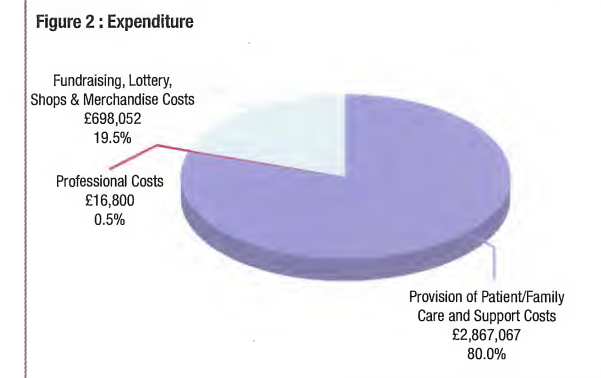
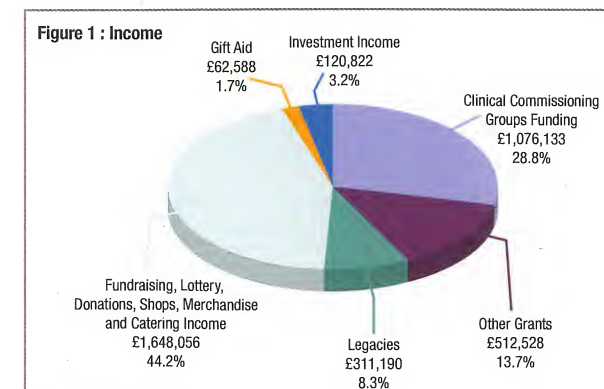


Financial Review

As voluntary income fluctuates and remains unpredictable, we are very grateful to all those that donate to the hospice and those who wish East Lancashire Hospice to benefit from their life savings by leaving a legacy to us in their will.

As future grant funding remains uncertain, the hospice aims to continue to increase income through further development of our hospice lottery, sponsorship, regular giving, hospice shops and fundraising events and we could not achieve this without the amazing support offered by all of our supporters.

The hospice highly depends on the goodwill of local communities to ensure sufficient funding is available for patient services to operate both within the hospice and the community. In addition to our public donors



www.eastlancshospice.org.uk

UPCOMING EVENTS

Sign up and buy tickets

online at eastlancshospice.org.uk or call 01254 287012
for more information on these events and more!

We are seeking sponsors to cover costs and volunteers to help at many of our events. You can help us raise valuable funds for our patients and their families. If you can spare a few hours at any of the events below, or would like to take part, register, purchase tickets or sponsor an event please contact us on **01254 287011** or email us at **info@eastlancshospice.org.uk**

SEPTEMBER

Black Tie Ball, Saturday 29 September

Dunkenhalgh Hotel. Organised by Alexander Grace Law Solicitors. Proceeds to East Lancashire Hospice and Pendleside. Tickets £50 per person or £450 for a table of ten. For tickets contact Donna Marie on **01282 930403**.

OCTOBER

Sparkling Winter Ball, Saturday 13 October

Organised by Sarah Layton Jewellers of Whalley, this is sure to be an incredible evening! Guests will be greeted with a Champagne reception and entertained by a saxophonist and an 8 piece swing band. A 3 course dinner with drinks will follow along with some very special prizes to auction off on the night. Tickets are £100 each or £950 for a table of 10. To book contact Lauren on **01254 822062**.

Corporate Challenge Awards Evening, Friday 19 October

A glittering awards evening held at Blackburn Rovers for the companies taking part in our 2018 corporate challenge. For ticket details contact Jennifer Quinn on **01254 287012**.

Bag Packing M&S Blackburn, Wednesday 31 September

We are seeking volunteers to help with our 3 time slots on these days – please email **catherine.leeche@eastlancshospice.org.uk** if you can help.

NOVEMBER

Bag Packing M&S Blackburn, Friday 2 & Saturday 3 November

We are seeking volunteers to help with our 3 time slots on these days – please email **catherine.leeche@eastlancshospice.org.uk** if you can help.

Christmas Fayre, Sunday 18 November

Start the festive period at the East Lancashire Hospice Christmas Fayre, with all you need to get you in the Christmas spirit. The fayre will be held at the hospice from 12pm – 3pm. See you there!

East Lancashire Hospice Bojangles Ball

Sponsored by Cardboard Box Company Ltd

Saturday 24 November

Dunkenhalgh Hotel, Clayton le Moors. Once again we will be enjoying an evening of fun and festivities at this popular annual event.

Tickets are £50 per person and includes: sparkling drink on arrival, 3 course meal, coffee and mints and of course a full programme of entertainment featuring Cole Page and A Few Good Men.

Visit the hospice website at **www.eastlancshospice.org.uk** or call **01254 287011** to book your tickets, but hurry – last year was a sell out.

DECEMBER

Light Up A Life, Monday 10 December

Blackburn Cathedral. Join us to come together to remember a loved one at this special time of year. To make a donation in their memory and receive a card bearing their name and inclusion of their name on the hospice website, visit our website at **www.eastlancshospice.org.uk** or call the fundraising department on **01254 287011**.

Bag Packing M&S Blackburn,

12, 13, 14, 15, 17, 18, 19, 20, 21, 22, 23 & 24 December

We are seeking volunteers to help with our 3 time slots on these days – please email **catherine.leeche@eastlancshospice.org.uk** if you can help.

JANUARY

East Lancashire Hospice 10k, Sunday 13 January organised by Gaskell Motor Bodies

Held at Gaskell Motor Bodies, Great Harwood, the popular 10k race will see over 600 runners taking part across the 10k race and fun run, all supporting East Lancashire Hospice. Register for the 10k race for £12 or the fun run for £3. Please visit – **www.eastlancshospice.org.uk** to secure your place.

DATE FOR YOUR DIARY

An Evening at the Bridgewater Hall

Sponsored by Cardboard Box Company Ltd

Friday 7 June 2019

Join us for a memorable evening at The Bridgewater Hall, Manchester.

Featuring The Brighouse and Rastrick Brass Band, The 2nd Rossendale Scout Group Band and The Rossendale Male Voice Choir.

Tickets cost £17.50 and £22.50 and are available from the Bridgewater Hall on **0161 907 9000**.

Thank you to the companies who have supported this newsletter...



...and thank you to all our past, present and future supporters

We thank you for supporting East Lancashire Hospice and would like to keep you updated with news and events. Your details will NOT be passed onto a third party, other than those providing a service to East Lancashire Hospice such as printing and distribution of hospice communications. In these instances, the third parties are contracted to only use the information provided by the hospice in relation to the provision of our services. We never buy or sell data. You can opt out of receiving this by post at any time by calling the fundraising department on 01254 287014 or email your name and address to **info@eastlancshospice.org.uk** with 'Remove from mailing' in the subject line.

East Lancashire Hospice, Park Lee Rd, Blackburn, Lancs BB2 3NY
t: 01254 287012 / e: **info@eastlancshospice.org.uk** / w: **www.eastlancshospice.org.uk**

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